PEANUT BUTTER

AMOUNT: Number of jars listed on WIC check

SIZE: Jars up to 18 ounces (oz)



Do NOT Buy

- · Added flavoring, honey, or jelly
- Squeeze tubes
- Reduced-fat Spreads

- Organic
- · Other nut butters (including almond or cashew butter)

OK To Buy

· Crunchy, extra crunchy, creamy, or smooth

BRAND: Any brand

Whipped

- All natural
- · Regular, low-salt, or reduced salt
- Honey roasted

· Regular, low-sugar, or reduced sugar

CANNED FISH

AMOUNT: Number of ounces (oz) listed on WIC check SIZE: Any size; any combination of canned tuna, salmon,

and/or sardines up to the amount listed

BRAND: Any brand

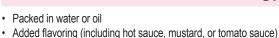


Chunk Light Tuna, Pink Salmon, Sardines

Do NOT Buy

- Packed in pouches
- · Albacore, Chunk White, or Solid White tuna
- · Blueback, Sockeve. Red King, or Coho salmon
- Organic

OK To Buy









BABY FOOD-FRUITS AND VEGETABLES

AMOUNT: Number of jars listed on WIC check

OK To Buy

SIZE: Jars up to 4 ounces (oz)

· Mixed fruits and/or vegetables

(for example: 2-pack = 2 jars)

BRAND: Any brand

· In glass or in plastic

· Multi-packs

Organic

- · Added rice, pasta, noodles, or meat
- Graduates
- · Dinners

Do NOT Buy

- Added DHA and/or ARA

· Desserts, custard, or yogurt

- · 3rd Foods
 - · Added sugars or salt
 - · Added starches, flour,
 - or cereal

3rd Foods

· Added sugars or salt

· Jars larger than 2.5-oz

Jars larger than 4-oz

BARY FOOD-MEATS

AMOUNT: Number of jars listed on WIC check

SIZE: Jars up to 2.5 ounces (oz)

BRAND: Any brand

OK To Buy

- With broth and/or gravy
- In glass or in plastic
- Multi-packs (for example: 2-pack = 2 jars)

Do NOT Buy

- Organic
- Added DHA and/or ARA
- · Added rice, pasta, noodles, fruits, or vegetables
- Graduates
- · Dinners

Breastfeeding is the Best Feeding

INFANT CEREAL

AMOUNT: Number of boxes listed on WIC check

SIZE: 8-oz box

BRAND: Beechnut, Gerber, Nature's Goodness

OK To Buy

- Rice
- Oatmeal
- Barley
- · Whole Wheat
- Mixed







Beech Nut Gerber

Nature's Goodness

Do NOT Buy

Organic

- · In jars or cans
- · Added fruit or formula
- Added DHA and/or ARA

FRESH BANANAS

AMOUNT: Number of pounds (lb) listed on WIC check

SIZE: Up to amount listed **BRAND:** Any brand



Fresh bananas, any variety



Organic



INFANT FORMULA

AMOUNT: Number of cans listed on WIC check **No Substitutions:** Your WIC check lists the size. brand and form (powder, concentrate or ready-to-use) of iron-fortified formula that you must buy.

Do NOT Buy

Organic

I ow-iron formula



SHOPPING TIP: Understanding Sizes

* Ounces and Pounds * 8 ounces (oz) = $\frac{1}{2}$ pound (lb)

12 ounces (oz) = $\frac{3}{4}$ pound (lb)

16 ounces (oz) = 1 pound (lb) 24 ounces (oz) = $1 \frac{1}{2}$ pounds (lb)

32 ounces (oz) = 2 pounds (lb)

Colorado WIC

Allowable **Foods List**

As of April 2010





FRUITS AND VEGETABLES

AMOUNT: Dollar amount listed on WIC check SIZE: Any size; any combination of fresh and/or

frozen up to the dollar amount listed

BRAND: Any brand



Do NOT Buy

- · Potatoes (sweet potatoes and vams allowed)
- French fries, hash browns, tater tots
- · Items from deli or salad bar
- Party travs
- Fruit baskets, decorative fruit, or vegetables
- · Dried fruit or vegetables
- · Nuts (including peanuts, fruit/nut mixtures)

- · Herbs, spices
- Added sauce, meat, pasta, rice, or noodles
- · Added syrup, sweetener, flavoring, fat, or oil
- · Added dressing, croutons, or cheese (such as salad kits)
- · Fruits or vegetables in cans or jars (metal or glass)
- · Jams, jellies, or preserves

FRESH AND FROZEN

- · Any variety except potatoes (sweet potatoes and vams allowed)
- · Plastic containers including bags, boxes, or tubs
- · Salad and/or mixed greens (with fruits and vegetables only)
- · Whole, cut or sliced

OK To Buy

- Organic
- Bulk
- · Mixed fruits and/or vegetables



Remember: Your fruit and vegetable purchase must be less than or equal to the dollar amount listed on your fruit and vegetable check. For example: \$6.00, \$8.00, \$10.00



5 lbs

SHOPPING TIP: Buying Fresh Fruits & Vegetables

This chart shows some examples of the cost for fresh fruits and vegetables priced by the pound.

| Price per Pound (lb) | \$0.59 | \$0.79 | \$0.99 | \$1.29 | \$1.49 | \$1.79 | \$1.99 | \$2.49 | \$2.99 | \$3.49 | \$3.99 |
|----------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 1 lb | \$0.59 | \$0.79 | \$0.99 | \$1.29 | \$1.49 | \$1.79 | \$1.99 | \$2.49 | \$2.99 | \$3.49 | \$3.99 |
| 1 1/2 lbs | \$0.89 | \$1.19 | \$1.49 | \$1.94 | \$2.24 | \$2.69 | \$2.99 | \$3.74 | \$4.49 | \$5.24 | \$5.99 |
| 2 lbs | \$1.18 | \$1.58 | \$1.98 | \$2.58 | \$2.98 | \$3.58 | \$3.98 | \$4.98 | \$5.98 | \$6.98 | \$7.98 |
| 2 1/2 lbs | \$1.48 | \$1.98 | \$2.48 | \$3.23 | \$3.73 | \$4.48 | \$4.98 | \$6.23 | \$7.48 | \$8.73 | \$9.98 |
| 3 lbs | \$1.77 | \$2.37 | \$2.97 | \$3.87 | \$4.47 | \$5.37 | \$5.97 | \$7.47 | \$8.97 | | |
| 3 1/2 lbs | \$2.07 | \$2.77 | \$3.47 | \$4.52 | \$5.22 | \$6.27 | \$6.97 | \$8.72 | | | |
| 4 lbs | \$2.36 | \$3.16 | \$3.96 | \$5.16 | \$5.96 | \$7.16 | \$7.96 | \$9.96 | | | |
| 4 1/2 lbs | \$2.66 | \$3.56 | \$4.46 | \$5.81 | \$6.71 | \$8.06 | \$8.96 | | | | |
| | | | | | | | | | | | |

\$2.95 \$3.95 \$4.95 \$6.45 \$7.45 \$8.95 \$9.95



100% JUICE 64-02 CONTAINERS

AMOUNT: Number of containers listed on WIC check

Size: 64 ounces (oz)

Brand: Specific items listed below

Do NOT Buy

- · Glass bottles
- Organic
- Cocktail juices

· Juice blends

Granny Smith apple juice

TOMATO

64-oz REFRIGERATED **CARTONS** (PAPER OR PLASTIC)

ORANGE



Store Brand Only

GRAPEFRUIT



Store Brand Only (white, pink, or red)

64-oz Plastic Bottles

· Added flavoring

Less than 100% juice

ORANGE



Store Brand Only

GRAPEFRUIT





Welch's Grape White Grape. &



Store Brand Only (white, pink, or red)

GRAPE



Red Grane



Old Orchard Grape & White Grape

APPLE



Old Orchard Campbell's (regular & low sodium)

VEGETABLE



(regular & low sodium)

OK To Buv

· Added calcium and/or vitamin D

· Added pulp or pulp-free

DRY BEANS, PEAS AND LENTILS

AMOUNT: Number of pounds (lb) listed on WIC check

SIZE: One pound (16-oz) or two pound (32-oz) bags or in bulk up to the amount listed

BRAND: Any brand







Any Brand BEANS

· Garbanzo Beans (chickpeas)

Do NOT Buy Added flavoring

- Organic

TreeTop

Seneca

Soup or soup mix

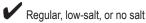
CANNED BEANS

AMOUNT: Number of cans listed on WIC check

SIZE: Cans up to 16 ounces (oz)

BRAND: Any brand

· Black Beans



Black-Eved Peas

· Butter Beans

· Great Northern Beans

Kidney Beans

· Added flavoring, fat, oil, or meat

Baked beans, refried beans or chili beans

· Lima Beans

Do NOT Buy

· Pinto Beans

Soup or soup mix

Organic

- · Navy Beans
- · Red Beans

100% JUICE 12-02 FROZEN OR 46-02 METAL CANS

AMOUNT: Number of cans listed on WIC check

SIZE: Any combination of frozen and/or metal cans up to the

amount listed

BRAND: Specific items listed below

Purchase ONLY if specified on WIC check: 5.5 to 6-oz: orange, grapefruit, orange-grapefruit (any brand) single serving cans 100% juice

12-OZ FROZEN CANS

ORANGE



Store Brand Only

GRAPEFRUIT



Store Brand Only

GRAPE



Seneca



Old Orchard Grape and White Grape



Welch's Grape and White Grape (Yellow Lid & Peel Strip)



(white, pink, or red)

APPLE



Seneca



Old Orchard



TreeTop

PINEAPPLE



Dole



PINEAPPLE



Dole



Old Orchard

Do NOT Buy

- Added flavoring
- · Less than 100% juice
- · Cocktail juices
- Glass bottles
- Organic
- · Juice blends
- · Granny Smith apple juice

46-oz Metal Cans

ORANGE



Store Brand Only

GRAPEFRUIT



Store Brand Only (white, pink, or red)

TOMATO

APPLE



Seneca



Campbell's (regular & low sodium)

VEGETABLE



TreeTop



(regular & low sodium)

OK To Buv

11.5-oz frozen cans

Added calcium and/or vitamin D

· Added pulp or pulp-free

EGGS

AMOUNT: Number of cartons listed on WIC check

SIZE: Up to the amount listed

BRAND: Store brand if available. National brands must be provided if store brands are not available.

- · Large, medium, or small
- · Grade A or AA white eggs

Do NOT Buy

- Brown
- · Organic or Free Range
- Extra Large
- Specialty eggs (including pasteurized or fortified/ enriched with vitamin E, DHA or Omega 3)

MILK

AMOUNT: Number of cartons listed on WIC check

SIZE: Up to the carton size listed (gallon, half-gallon, or quart)

BRAND: Store brand if available. National brands of milk must be

provided if store brands are not available.

Fat Content (See WIC check): Skim (fat-free), Lowfat (1%),

Reduced Fat (2%). Whole

Purchase ONLY if specified on WIC check: Meyenberg Goat Milk, powdered milk (any brand), evaporated milk (any brand), UHT Long Life milk (any brand), soy beverage (see soy beverage section), or Lactaid/Dairy Ease

OK To Buy

Organic

· Plastic or paper cartons

Buttermilk

· Acidophilus

Do NOT Buy

- Added calcium or flavoring
- Organic · Nut or rice "milk" beverage · Raw milk



String or shredded

· Individually wrapped

deli cheese

· Flavored, imported, or

Do NOT Buy

CHEESE

AMOUNT: Number of pounds (lb) listed on WIC check

SIZE: Up to the amount listed **BRAND:** Store brand only

Purchase ONLY if specified on WIC check: 8-oz package cheese (any brand)

Marble

Monterey Jack

Mozzarella

Muenster

- Cheddar
- Colby
- · Colby-Jack
- Longhorn

- Swiss
- American
- (white, vellow, sliced)

Azumava



· Cheese food, product, or spread

Sliced (except American)

· Packages smaller than 12-oz

Fresh, refrigerated,

water-packed

Tofu

AMOUNT: Number of pounds (lb) listed on WIC check

SIZE: As listed on specific items pictured

BRAND: Azumaya

-AZUMAYA



Extra Firm

Do NOT Buy

- Organic
- · Added salt, flavoring, fat, or oil
- · Packages smaller than 12-oz or larger than 16-oz

SOY BEVERAGE

AMOUNT: Number of cartons listed on WIC check

SIZE: As listed on specific items pictured **BRAND:** Pacific Natural Foods (quart), 8th Continent (half-gallon)

Pacific Natural Foods (quart)



Plain

Shelf-stable

Vanilla



8th Continent

(half-gallon)

Refrigerated

· Light or fat-free

Do NOT Buy

Flavors not pictured

Original

Breakfast Cereal

AMOUNT: Number of ounces (oz) listed on WIC check

SIZE: Any combination of cold or hot cereal up to the amount listed

BRAND: Specific items listed below

Do NOT Buy

Single-serving packets
Organic

its

COLD



All-Bran Complete Wheat Flakes



Corn Flakes (regular)



Crispix



Product 19



Grape-nuts* & Grape-nuts Flakes[∗]



Honey Bunches of Oats with Almonds & Honey Roasted



Banana Nut Crunch*



Bran Flakes*



Whole Grain Total*



Wheaties^{‡‡}



Special K

Kix (regular)



Corn, Rice, Multi-Bran, & Wheat Chex**

Нот



Cream Of Wheat Whole Grain^{**} & Cream Of Wheat Original (unflavored) (1, 2½, & 10 minute)



Malt-O-Meal (unflavored)



Maypo (maple flavored)



Cheerios* & MultiGrain Cheerios*



Life** (regular)





Oatmeal Squares with Brown Sugar * & with Cinnamon *



Frosted Shredded Wheat* (regular or bite sized) boxes: Albertsons. Great Value, IGA, Kroger, Our Family, Malt-O-Meal (Mini-Spooners), Ralston: Foods, Safeway, Shurfine, :

Western Family

CRISPY

Crisp/Crispv/Crispie Rice boxes: Flavorite, Great Value, IGA. Malt-O-Meal. Our Family, Ralston Foods. Safeway, Shurfine. Western Family

* Whole grain cereals



WHOLE GRAINS

AMOUNT: Number of ounces (oz) listed on WIC check

SIZE: Any combination of bread, rice, and/or tortillas up to the amount listed for whole grains

100% WHOLE GRAIN BREAD

100% Whole Grain **Bread**

Do NOT Buy

 Deli Organic

BRAND: Specific items listed below

NATURE'S CUPBOARD

Nature's Cupboard 100% Whole Wheat Bread

SIZE: As listed on specific items listed below

NATURE'S PRIDE

Nature's Pride 100% Natural 100% Whole Wheat Bread

OUR FAMILY

Our Family 100% Whole Wheat Bread

OROWEAT

- Oroweat 100% Whole Wheat Bread
- Oroweat 100% Whole Wheat Buns
- Oroweat 100% Whole Wheat Hot Dog Buns

OZARK HEARTH

Ozark Hearth 100% Whole Wheat Bread

PEPPERIDGE FARMS

- Pepperidge Farms Very Thin Sliced Soft 100% Whole Wheat Bread
- Pepperidge Farms Stone Ground 100% Whole Wheat Bread
- Pepperidge Farms Soft 100% Whole Wheat Hoagie Rolls
- Pepperidge Farms 100% Whole Wheat Hamburger Buns
- Pepperidge Farms 100% Natural 100% Whole Wheat Bread
- Pepperidge Farms Whole Grain 100% Whole Wheat Bread

ROMAN MEAL

Roman Meal Sungrain 100% Whole Wheat Bread

SAFEWAY

Safeway 100% Whole Wheat Bread

SARA LEE

- Sara Lee Soft & Smooth 100% Whole Wheat Bread
- Sara Lee Classic 100% Whole Wheat Bread
- Sara Lee 45 Calories & Delightful 100% Whole Wheat with Honey Bread
- Sara Lee Hearty & Delicious Oat with 100% Whole Grain Bread
- Sara Lee Hearty & Delicious 100% Whole Wheat Bread
- Sara Lee Hearty & Delicious 100% Whole Wheat with Honey Bread
- Sara Lee Hearty & Delicious 100% Whole Wheat Hamburger Buns
- Sara Lee Soft & Smooth 100% Whole Wheat Hot Dog Buns
- · Sara Lee Soft & Smooth 100% Whole Wheat Mini Buns

WONDER

· Wonder Soft 100% Whole Wheat Bread

BROWN RICE

SIZE: Any size up to the amount listed on WIC check

BRAND: Any brand

Natural

Long, medium.

or short grain



cooking, or instant





Brown rice in bags, boxes, or bulk

Brown Rice

Do NOT Buy

- Organic · Boil-in-bag
- · Added sugar, salt, flavoring, fat, or oil
- Red or black rice
- · Wild rice

CORN TORTILLAS

SIZE: Any size up to the amount listed on WIC check

BRAND: Any brand

OK To Buy

· Yellow corn · White corn



Soft corn tortillas

Do NOT Buy Added modified

- Flour tortillas
- Taco or tostada shells
- Flavored
- Tortilla chips

food starch

Organic